

How-To Identify the FEAR Behind GRIEF

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Instructions:

1. The very first step in the grieving process is to be aware of all the sensations that you may be feeling at any given time in your body.
2. Once you start noticing your body sensations, use them to understand which challenging emotion your body sensation may represent. It may be that you are feeling not only one but multiple challenging emotions all at the same time, e.g., anger, frustration, guilt, and sadness all at the same time.
3. As you learn to become aware of your emotions start tagging and naming them, e.g., if you are feeling angry, as soon as you realize that you are angry, silently in your mind tell yourself that anger is what you are feeling in that moment.
4. This tagging and naming will allow you to acknowledge every single one of the emotions that you may be feeling.
5. Take deep breaths as you are going through the tagging and naming of emotions exercise and acknowledging them. Be compassionate and loving towards your own self when a very difficult emotion shows up. Imagine yourself as a 3 – 4 year old child who needs help with her emotions.
6. Repeat the above steps throughout the day, and especially before going to bed at night take at least 10 minutes where you sit without any distractions in a quiet place and repeat steps 1 through 5.
7. In addition, you can also maintain a journal where after you have spent 10 minutes identifying and acknowledging your emotions each night, you can focus a few minutes on writing about those emotions.